



## MyPyramid Audio Podcasts

### Grain Group

[Intro Music] Welcome to MyPyramid Podcasts, brought to you by the USDA's Center for Nutrition Policy and Promotion. I'm your host. I'll be sharing tips you can use everyday to eat right and get active.

Today we're going take a closer look at for grains. MyPyramid divides grains into two categories: whole grains and refined grains. Whole grains contain the entire grain kernel, meaning you'll get more dietary fiber. Refined grains, on the other hand, have some parts of the grain removed. Enriched grains have the vitamins and minerals added back in - but the fiber content is still lower. So, make half your grains whole!

That's it for today. To find out more information about eating and living healthy, go on our website at [MyPyramid.gov](http://MyPyramid.gov) for more great tips. Take care!